

A publication of the Clearfield County Area Agency on Aging, Inc. and the Mature Resources Foundation



From the CEO...



As the fiscal year for your Area Agency on Aging ends next month; implementation of our 2020-2024 Four Year Plan continues its implementation efforts and our budget plan for the next year is carefully reviewed in detail. As Required by the Administration for Community Living (ACL), a federal department that allocates Older Americans Act (OAA) federal funding

to Pennsylvania and all other states, in reviewing the PA Department of Aging 4-year plan. ACL provided conditional approval of the plan contingent upon the department revising the Intrastate Funding Formula. Implementation of the revised IFF will begin on July 1, 2021. This will be the first revision in 15 years. During that time, the older adult population in Pennsylvania has increased by 750,000. Any changes made to the IFF must be following the OAA requirements. There are specific criteria in the OAA that must be considered when formulating the IFF. The update of Pennsylvania's IFF will impact how federal funds will be distributed among Pennsylvania's 52 Area Agencies on Aging (AAAs).

The update will ultimately reallocate, among the AAAs, about \$8.8 million of the total \$57.2 million in federal funds impacted by the IFF. This allocation will be done using a phased-in approach to mitigate impacts and help affected AAAs seek alternative funding sources, where possible. The OAA provides specific guidance on factors that must be included in the IFF:

(i) the geographical distribution of older individuals in the State; and

(ii) the distribution among planning and service areas of older individuals with greatest economic need and older individuals with greatest social need, with particular attention to low-income minority older individuals

The OAA does not dictate the weight of these factors, but does specify preferences to be considered in the IFF:

provide assurance that preference will be given to providing services to older individuals with greatest economic need and older individuals with greatest social need (with particular attention to low-income older individuals, including low-income minority older individuals, older individuals with limited English proficiency, and older individuals residing in rural areas), and include proposed methods of carrying out the preference in the state plan.

The department needs to use the most current US census-derived data to determine the geographic distribution of older adults with the greatest economic and social need when developing the IFF and applies factors to ensure equitable distribution of funds. A percentage weight is assigned to each factor with a sum of the weighted factors equaling 100%.

Currently only Title IIIB (Supportive Services), IIIC (Nutrition Services) and Title VII (Ombudsman) funds are disbursed using the IFF. In the upcoming IFF revision, both Title IID (Health Promotions) and IIIE (Caregiver Services) will also be allocated using the model as required by the OAA.

For the Clearfield County Area Agency on Aging, this revision will provide an additional \$122,232.00 in federal funding over a 9-year period for the above noted program service areas. This very much needed resource allocation will provide services such as home delivered meals, health and wellness programs and caregiver support services for tens of thousands of individuals in Clearfield County.

The Agency's 4-year plan can be viewed at www.ccaaa.net

Stay Well,

Kathleen Gillespie, CEO



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CLEARFIELD COUNTY AREA AGENCY ON AGING HONORS TELECENTER VOLUNTEERS



The Clearfield APPRISE Telecenter Program; left to right: M Susan Moore (Clerical Volunteer for 6 years), Linda Dunworth (Certified APPRISE Volunteer for 7 years), Ann Reid (Certified APPRISE Volunteer for 17 years), Bobbie Sopic (CCAAA Staff Certified APPRISE Counselor), Alice Pollock (CCAAA Staff Certified APPRISE Counselor/Coordinator) and Geneva McCallum (Clerical Volunteer for 11 years).

Beginning April 1, 2021, Blair Senior Services (BSS) will assume operation of the Pennsylvania Department of Aging's State Health Insurance Assistance Program (APPRISE) Helpline to centralize services. The toll-free number (1-800-783-7067) is available 8 a.m. – 5 p.m., Monday through Friday, to help older Pennsylvanians with Medicare-related inquiries. This free service provides unbiased, confidential Medicare counseling at the local level.

Since 1995, close to one million calls have been answered by volunteers and staff from 11 local Area Agencies on Aging: Allegheny County AAA, Berks County Office of Aging, Blair Senior Services, Centre County Office of Aging, Clearfield County AAA, Inc., Delaware County Office of Services for the Aging, Jefferson County AAA, Lackawanna County AAA, Schuylkill County Office of Senior Services, Philadelphia Corporation for Aging, and Westmoreland County AAA.

The Department of Aging thanks the hundreds of dedicated volunteers who, with their time and talent, assisted Pennsylvania's Medicare beneficiaries through the APPRISE Helpline by providing timely and trusted information about their Medicare benefits. The department looks forward to a successful partnership with BSS.

The Clearfield County Area Agency on Aging Inc. honored two Certified Telecenter Volunteers and two Clerical Volunteers for their dedication to the SHIP program, which provides a unique service to consumers throughout the state. The level of professionalism and overall knowledge the Telecenter Representatives possessed and utilized, provided a unique service to consumers. On March 29, they were presented with a Certificate of Appreciation, a gift and lunch on completion of their final shift.

The volunteers will continue to Volunteer for the CCAAAs in additional roles, including for the local APPRISE volunteer program at the CCAAAs.

Medicare beneficiaries in Clearfield County needing assistance from the local APPRISE program can call the CCAAAs at 814-765-2696.

Programs and services of the Agency are funded in part by the Pennsylvania Department of Aging, the Clearfield County Area Agency on Aging Inc, Mature Resources Foundation, and local and consumer contributions.

ELDER ABUSE, NEGLECT AND EXPLOITATION

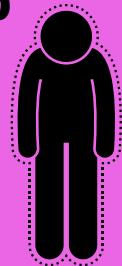


What is Elder Abuse?

Elder abuse is the intentional or negligent actions toward an older person by a caregiver or trusted individual which causes harm. Types of abuse included neglect or isolation, physical abuse, sexual abuse, financial abuse or exploitation, and emotional or psychological abuse (including verbal abuse and threats)

What Are Causes of Elder Abuse?

Because older adults are most at risk for social isolation, they also have a higher risk of abuse or neglect occurring in their own homes, in long-term care settings or in hospitals. Women and older adults age 80 and older are at highest risk for abuse. Other risk factors are dementia, mental health or substance use issues of the older adult or perpetrator, and poor physical health.



How Can We Prevent & Address Elder Abuse?

- Create public awareness by talking about this issue, providing a safe environment for older adults to speak out, and report suspected abuse.
- Increase services for older adults who have experienced abuse
- Participate in elder abuse training that highlights risk factors and red flags for elder abuse, what to do when you suspect abuse, and how to respond most effectively.
- Stay in contact with the older adults in your life and be aware of the possibility of abuse

How Big Is This Issue?

- Elder Abuse impacts not just individual older adults but affects public health and economic resources.
- It is widespread--Studies have found that at least one in 10 community-dwelling older adults experienced some form of abuse in the prior year.
- Studies also show that, for each case reported, there are 24 left unknown.
- The 3 types of abuse that happen most often are psychological, physical and financial exploitation.



**IF YOU SUSPECT ELDER ABUSE,
CALL 1-800-490-8505**

August is National Back to School Month: What Grandparents Raising Grandchildren Need to Know



Ahh, the end of summer...and back to school. A rite of passage that many look forward to: shopping for school supplies and school clothes, registering for classes, running from one extracurricular activity to another...For grandparents raising their grandchildren, this time of year can be overwhelming, frustrating and financially tough. Here are some suggestions for a smooth transition:

Seek out all the resources in your area which provide support. For caregivers age 55 and older, the Clearfield County Area Agency on Aging provides a Caregiver Support Program. Eligible caregivers can receive monthly reimbursement of eligible costs associated with the care of the child/ren they are raising. Also, visit www.kinconnector.org or call 1-866-546-2111 to find other resources in your area.

Be proactive in preparing your grandchildren for school. Have the children practice going to bed early and establish a realistic bedtime routine.

Be positive about the school experience. Times have changed from when grandparents were in school and these changes can be daunting for grandparents. There will indeed be uncomfortable times when helping with schoolwork or navigating the school system. Remember, children are always watching and looking to you to learn important problem-solving skills.

Set up a homework routine and stick to it. Remind grandchildren that homework isn't "an option", and ask for their help in deciding what time is right after school to get the work done.

Establish a special place where children can learn. The kitchen table, a child's bedroom, the living room – these are all places that will serve the purpose, so long as the area is quiet and free from distractions.

Be aware of how your grandchildren learn. Not all children are able to learn by sitting at a desk for 6 hours and listening to the teacher. Some children learn better by "doing" or "watching". If you have any concerns about your grandchildren and their ability to learn, reach out to the Special Education Department of your local school district.

Learn about your grandchild's School District. Remember, your grandchild's school administration wants your little one to succeed, and they can be your biggest partner and cheerleader. As awareness grows among school personnel regarding the challenges and strengths of kinship families, so too does their willingness to work with you. Guidance counselors are a great place to start if you have any concerns about school or your grandchild's needs.

Take time to regroup. When your grandchild is at school, take time out for you and your self-care. This time to de-stress is vital for you to remain your best. Taking time for you is not selfish, is not trivial, and shouldn't be viewed as "optional." Even 15 minutes of "me-time" can make a big difference!

PENNSYLVANIA SENIOR FARMERS MARKET NUTRITION PROGRAM

Eligible Seniors receive checks toward purchase of fresh fruits and vegetables.

To participate you must:

- Be age 60+ by December 31, 2021
- Live in Clearfield County
- Income less than:
 - \$23,828 single (or) \$32,227 married

ALL VOUCHER DISTRIBUTION WILL BE DONE BY MAIL

Call (814) 765-2691 to receive your application.

Applications will not be accepted at the Clearfield County Area Agency on Aging (or) Centers for Active Living.

If you have questions, please call Bobbie Sopic at 814-765-2696 x324

LUCKY THE DOG WINS PET PORTRAIT CONTEST



As part of the CCAAA March for Meals Celebration in March 2021, the Agency held a Pet Portrait Contest with the partnership of artist extraordinaire, Jim Wilhelm. The Meals on Wheels Drivers were challenged with nominating a special pet that has been well-loved by a Meals on Wheels recipient. The winning pet (and owner!) would receive a custom pencil-drawing replication of the pet's picture. After all nominations were considered, Lucky the Dog was crowned the winner! Such a cutie!

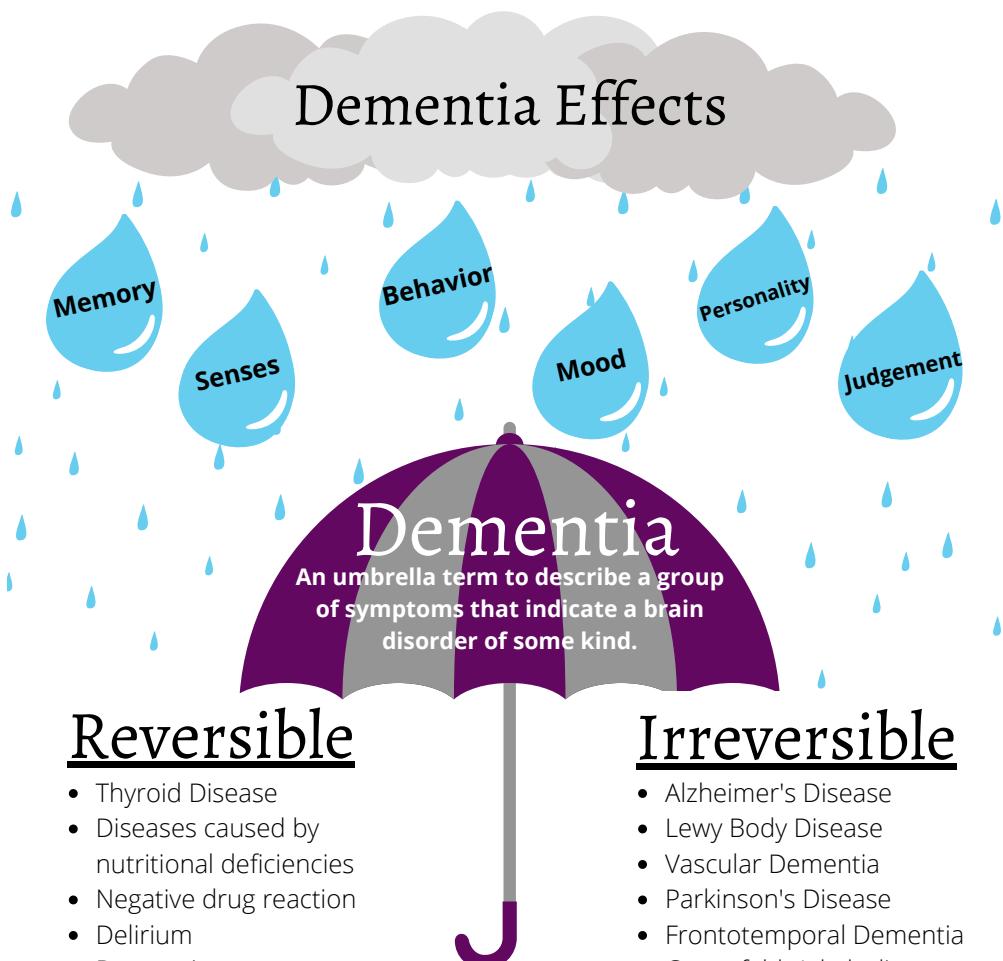
CCAAA TO OFFER CERTIFIED GRIEF COUNSELING



CCAAA employee, Tammy Norman, RN, has recently received certification in Grief Counseling. This certification requires several hours of training on various topics

such as the stages of grief, types of grief, interventions/strategies for grief counseling, and the process of death, dying and mourning. As a Certified Grief Counselor, Ms. Norman will be able to provide this valuable service to older adults in our community. Community members in need of this service are encouraged to contact the Agency directly.

Dementia Effects



Reversible

- Thyroid Disease
- Diseases caused by nutritional deficiencies
- Negative drug reaction
- Delirium
- Depression
- Vitamin/Mineral Deficiencies

Irreversible

- Alzheimer's Disease
- Lewy Body Disease
- Vascular Dementia
- Parkinson's Disease
- Frontotemporal Dementia
- Creutzfeldt-Jakob disease
- Huntington's Disease

Key Symptoms of Dementia

1

A decline in mental ability.

2

In several areas of mental functioning.

3

Which occurs in a person who is awake and alert.



www.ccaaa.net (814) 765-2696 mail@ccaaa.net www.ourvillageofhope.com

Memorial & Honorarium Fund

Summer Lifespan Edition (June 2021)

IN MEMORY OF:

Ethel Elliott

FROM:

Lynne Gaul

BENEFITS:

Village of Hope

PARTNERSHIP SPOTLIGHT



(As told to Joan Bracco)

Sometimes in order to launch a new idea or to create a plan for a specific grouping of consumers we want to benefit, instead of reinventing the wheel, the CCAAA leadership brings into being a new and needed idea that partners with some already existing methods to introduce a new venture. We have just such a new venture that was launched in April of 2021. This new plan is called "Made Fresh with Love Meal Kits" made in conjunction with Clearfield County Area Agency on Aging, Inc. and Village of Hope as partners with Morrison Living in introducing the first of its kind meal program that will offer quality nutrition to area older adults in a familiar, yet exceptional way. The consumers that will benefit from this program are older couples, consumers who may have a family as caregivers and grandparents raising grandchildren. These kits will have recipes that will bring nutritious food to our consumers, while creating more time to spend together preparing meals.

These delicious meals are simple to make while adding nutritious value to the plate. These meals have brought about a great deal of interest. In order to bring attention and understanding to our new program it seems it would be of importance to interview the Sr. Corporate Executive Chef and Vice President of Operations of Morrison Living, John Rifkin.

When I asked John when he first became interested in becoming a chef, he said, "My Dad was a Chef and my mentor and my uncle was also a Chef. I started working at age eleven as a dishwasher. My Dad had become a Chef in the Navy. He became very accomplished in his preparation of food and he always challenged me to be creative. I went to the Restaurant School in Philadelphia and completed my Apprenticeship in a year and continued working there for 2 more years. The Executive Chef's name was Rob Edmondson. He was an excellent teacher. My Mother was a waitress there. I was a Chef at a few restaurants in Philadelphia and then got into contract food service, where I started as an Executive Chef and then moved into a Director of Operations position for a health system in New Jersey. Then I got a call from Rob Edmondson, who offered me an Executive Chef position. While I was working for him, I met his sister, Jennifer. We have been married now for 26 years and have two children. Then I got back into food service and worked for them for 12 years. I started working for Morrison Living as Senior Corporate Executive Chef for the whole country for 14 years. Then three years ago I moved into the Vice President of Operations, which manages 850 hourly Associates, 60 salaried Managers and 28 communities, which are situated in Pennsylvania, Maryland and Virginia. With my culinary background as a Chef, I was always interested in other countries' food and culture.

Many Chefs naturally want to give back and feed people, and what interested me in the Clearfield County Area Agency and Kathy Gillespie as CEO was her dedication to the best, freshest, most nutritious food available for the Senior population.



JOHN RIFKIN, REGIONAL VICE PRESIDENT

Celebrating his 17th year with Morrison Living, John oversees communities in the Pennsylvania and Maryland region. After graduating from The Restaurant School at Walnut Hill College, John began his career as a chef, working his way to senior corporate executive chef and continued into the operations side of Morrison. John's strengths are his people skills, his ability to motivate associates and his knowledge and understanding of how culinary excellence and financial stewardship work together to create a successful dining program. John is a lifelong Philadelphian who loves Peanut Chews and Neapolitan-style pizza. He even makes his own dough, grows San Marzano tomatoes and makes fresh mozzarella!

GET READY FOR MEDICARE

Roughly 100,000 Pennsylvania's enroll in Medicare each year. Many struggle to make the right decisions about their coverage because they do not have clear information. The Medicare enrollment is complex and there are key decisions that must be made according to strict deadlines. There are also programs that can help Medicare enrollees save money. Beneficiaries are encouraged to take advantage of the APPRISE program to get information from highly trained people who will offer unbiased advice.

The program is designed to assist people who are enrolling in Medicare, either because they will turn 65 years old or because they receive Social Security disability benefits.

The Clearfield County Area Agency's APPRISE is an affiliate program of the Pennsylvania Department of Aging, the designated State Health Insurance (SHIP) in Pennsylvania. The National SHIP network includes 1,300 local sponsoring organizations and serve over 2.5 million Medicare beneficiaries each year nationwide.

Consumers living in Clearfield County can connect with a counselor at the CCAAA by calling 814-765-2696 or emailing apollock@ccaaa.net. Get your answers:

- How to Apply for Medicare, Medicare Benefits
- Medicare Enrollment Deadlines
- Penalties
- Costs (Premiums, Deductibles, Co-pays, Co-insurance)
- Cost Saving Assistance Programs
- Choices for Coverage
- Coordination of Benefits with Other Insurance
- Changes to Medicare
- PA Medicare Cost Savings Programs
- Eligibility



Funded in whole or part by a grant through the Administration for Community Living

We are proud to recognize our Nurses!!



Megan Patrick, RN
Jamie Bush, CRNP
Laura Nearhood, RN
Tammy Norman, RN
Sandy Turner, RN

Denise Lukens, LPN
Faith Robbins, LPN
Rebecca Shaffer, LPN
Linda Young, LPN

FIREWORKS DISTRESS: CAREGIVER TIPS FOR THE FOURTH OF JULY

The all-American holiday – the Fourth of July – brings back memories of summer barbeques, outdoor fun, and apple pie. It is a time of patriotic celebration that often involves fireworks. As thrilling as these displays may be, fireworks can be a real source of confusion and anxiety for many, especially those who are living with dementia. Here are some practical tips for caregivers and their loved ones as we head into the summer season:

- Use the upcoming holiday as a topic to reminisce about. Incorporate the idea of fireworks into the conversation and remind your loved one that firework displays will be occurring and that they might begin to hear them. Talk about how fireworks can also be “felt” through vibrations.
- Be mindful of any past problems with such celebrations and be careful to avoid any pitfalls. Hindsight is 20/20 and might be the best tool in keeping your loved one calm this year. Leave notes in places they will see, reminding them of possible sounds and feelings associated with fireworks. protection, provide comforting music, or employ “white noise” such as a fan or recordings of nature sounds (rainfall, ocean tides, birds, etc.)
- Have an exit strategy planned if the experience becomes a challenge for your loved one.
- If your loved one suffers from “Sundowning”, fireworks can be especially distressing, as they may occur during the same time of day/evening. In these instances, it is recommended that your loved one stay inside a well-lit home until after the fireworks are done.
- As always, check with your loved one’s physician prior to the Fourth of July about any other concerns you might have in regard to your loved one’s well-being.





Cash & Prize Extravaganza

\$10 Donation per ticket

- \$500 Cash
- 36" Blackstone Griddle Cooking Station
- \$250 Cash
- Cricut Cutting Machine
- \$100 Kwik Fill Gift Card
- Craftsman 63 pc. Mechanics Tool Set
- Wireless Headphone, Power Bank & Cell Phone Mount & Charger
- \$50 Moena Gift Card
- \$50 Worth of Lottery Tickets
- \$50 Santinoceto's Gift Card

SGC06516

Ten (10) winners will be drawn on October 21, 2021
at the Anne S. Thacik Charity Auction

Raffle participants must be 18 years of age or older
at the time of entry.

1,000 tickets will be sold ~ All proceeds
benefit Senior Services & Programs.

Clearfield Co Area Agency on Aging, Inc. Order Form

Choose Fundraiser

- Auxiliary Membership (\$10 Single or \$15 Couple)
- Cash & Prize (\$10 each)

Number of Tickets _____ @ \$10 each Total Amount \$_____

Please supply an email for an electronic copy of your ticket stub for Cash & Prize Extravaganza.

Name: _____

Address: _____

City, State, Zip: _____

Email: _____

Phone: _____

Please return this form, and enclose your check made payable to: **CCAAA**

Pay by Check, Cash (or) Money Order only

Mail to: Clearfield County Area Agency on Aging, Inc., 600 Cooper Rd, Curwensville, PA 16833

Phone (814) 765-2696 Email: rvaughn@ccaaa.net

(Please note on memo line which fundraiser you are paying for.)



Friends of the Area Agency on Aging Auxiliary

ANNUAL MEMBERSHIP DRIVE 2021-2022

\$10 PER PERSON (OR) \$15 PER COUPLE

Discount Cards have over 60 businesses offering a discount.

Lifespan newsletter: Two issues will be mailed yearly (summer & winter), and two issues will be inserted into our local newspaper (spring & fall). All four issues will be sent via email.

*Please include your email if you would like to receive all electronic issues.

If you would still like to receive a paper copy, check here: _____

Choose Membership Level: _____ **Social (or)** _____ **Active**

Active: I am willing to volunteer my time to assist with Auxiliary activities

Social: I will encourage and support Auxiliary activities.



Clearfield County Area Agency on Aging Inc.

PO Box 550

Clearfield, Pennsylvania 16830

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LOOKING AHEAD

OBSERVED HOLIDAYS (offices/centers closed)

July 5th – office will be closed in recognition of July 4th

Check CCAAAs out on:

- Facebook @ ClearfieldCountyAAA
- Twitter @ CountyArea
- Linked In
- You Tube channel under Clearfield County Area Agency on Aging

Check The Village of Hope out on:

- Facebook @ ClearfieldCountyAAA
- Twitter @ TheVillageofHo1

Would you like to receive your Lifespan by email?

Simply email us at mail@ccaaa.net and let us know! Future issues of Lifespan (four per year) will automatically be sent to you.

CONTACT US

Main Office (Clearfield)	814) 765-2696 or (800) 225-8571
Fax	(814) 765-2760
Protective Services	(814) 765-1365 or (800) 233-0249
Web Page	www.ccaaa.net
Email	mail@ccaaa.net
	www.ourvillageofhope.com

